

good color and curves by practicing this exercise and at the same time contract the muscles of legs or arms

and hands while holding a full breath. Never attempt it with the lungs empty.

HOW IT FEELS TO BE FORCIBLY FED TOLD BY WOMAN PUT THROUGH OPERATION 250 TIMES



KITTY MARION.

New York, Feb. 3. — "Forcible feeding is the most hellish torture to which a human could be subjected," says Kitty Marion, exiled English

militant suffragist, who was forcibly fed 250 times in England.

For the first time in history a woman has been forcibly fed in jail in the United States in an effort to break a hunger strike. Mrs. Ethel Byrne of New York, sentenced to 30 days at the Blackwell's Island jail for distribution of birth control information, and pardoned by Gov. Whitman Thursday, was fed by force after she refused to eat for five days.

Miss Marion says hunger strikes and forcibly feeding she experienced in English jails have greatly impaired her life. She has been exiled from England because she is of German descent and is earning her living in New York working as a domestic servant.

"I cannot think how human beings, especially those who call themselves civilized, can resort to forcible feeding," said Miss Marion.

"And the practice will do no good. It has never succeeded. Women who hunger strike always have to be released.

"I was forcibly fed 232 times in a period of 14 weeks' imprisonment in England. I had four imprisonments with forcible feeding and two hunger strikes in addition.

"At first the doctors and wardresses forced me into a sitting position in a chair for the feeding. Later on they forced me down upon a bed. In the feeding the victim resists, but is overpowered.

"When one is helpless, the doctors force a nasal tube through the nose until it reaches the stomach, which, of course, is a most horrible operation. Vomiting and retching begin at once.

"But when the tube is forced down into the stomach, they pour food